

TSD Express Menu Items

	Calories	Fat	Carbohydrates	Sodium	Protein	Allergens
<i>All Served on Whole Grain Bun:</i>						
Breaded Chicken	240 kcals	14g	16g	440mg	14g	Wheat, Soy
Spicy Chicken	270 kcals	15g	17g	400mg	15g	Wheat, Soy
Grilled Chicken	120 kcals	2.5g	1g	390mg	23g	Soy
Cheeseburger	360 kcals	15.5g	31g	770mg	23g	Wheat, Soy, Milk
Hamburgers	220 kcals	14g	3g	540mg	19g	Wheat, Soy
Whole Grain Bun	140 kcals	1.5g	28g	230mg	4g	Wheat
Soft Pretzel	140 kcals	0.5g	30g	150mg	5g	Wheat
Nacho Chips	120 kcals	4.5g	20g	75mg	2g	
Cheese Sauce	190 kcals	10g	14g	570mg	10g	Milk
French Fries	120 kcals	4g	20g	135mg	1g	
Cheese Pizza	360 kcals	16g	35g	490mg	21g	Milk, Wheat, Soy
Pepperoni Pizza	360 kcals	17g	33g	580mg	21g	Milk, Wheat, Soy
Chicken Patty Meal:						
Chicken Patty	240 kcals	14g	16g	440mg	14g	Wheat, Soy
Whole Grain Bun	140 kcals	1.5g	28g	230mg	4g	Wheat
Fruit/Veggie of the Day						
Assorted Milk (See Nutritionals Below)						
Jammer Slammer Meal:						
Uncrustable Smuckers	300 kcals	16g	32g	280mg	9g	Peanuts, Wheat
String Cheese	80 kcals	6g	2g	200mg	6g	
Whole Grain Goldfish Crackers	90 kcals	3.5g	14g	200mg	2g	Wheat, Milk
Fruit/Veggies of the Day						
Assorted Milk (See Nutritionals Below)						

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YOGO Meal:

Assorted Flavored Yogurt	80 kcals	0.5g	15g	65mg	4g	Milk
Granola	135 kcals	0.5g	23g	27.5mg	3g	
String Cheese	80 kcals	6g	2g	200mg	6g	Milk
Whole Grain Goldfish Crackers	90 kcals	3.5g	14g	200mg	2g	Wheat, Milk
Fruit/Veggies of the Day						
Assorted Milk (See Nutritionals Below)						

Breakfast Options:

Cereal:

Cocoa Puffs	110 kcals	1.5g	25g	120mg	2g	
Frosted Mini Wheats	100 kcals	0.5g	24g	0mg	2g	Wheat
Lucky Charms	110 kcals	1g	23g	180mg	2g	
Cheerios	100 kcals	2g	21g	140mg	4g	
Apple Jacks	110 kcals	1g	24g	160mg	2g	Wheat
Honey Nut Cheerios	110 kcals	1.5g	23g	160mg	2g	Tree Nuts
Cinnamon Toast Crunch	120 kcals	3g	22g	160mg	1g	Wheat, Soy
Fruit Loops	110 kcals	1g	24g	160mg	2g	Wheat
Frosted Flakes	100 kcals	0g	25g	140mg	1g	Soy
Trix	110 kcals	1.5g	24g	140mg	1g	

Muffins:

Banana	190 kcals	6g	30g	130mg	3g	Wheat, Soy, Egg
Chocolate Chip	190 kcals	6g	33g	130mg	3g	Egg, Milk, Wheat, Soy
Wild Blueberry	190 kcals	6g	30g	130mg	3g	Wheat, Egg, Soy

Poptarts:

Strawberry	350 kcals	6g	76g	370mg	4g	Wheat, Soy
Blueberry	410 kcals	10g	76g	330mg	4g	Wheat, Soy
Brown Sugar	400 kcals	13g	68g	340mg	4g	Wheat, Soy

Other:

Cheese Stick	80 kcals	6g	2g	200mg	6g	Milk
Yogurt	80 kcals	0.5g	15g	65mg	4g	Milk
French Toast Sticks	210 kcals	9g	26g	290mg	8g	Egg, Milk, Wheat, Soy
Pancake on a Stick	240 kcals	15g	18g	370mg	7g	Wheat, Soy, Egg

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Breakfast Pizza (Bacon/Egg)	210 kcals	9g	22g	340mg	10g	Egg, Milk, Wheat, Soy
Breakfast Pizza (Sausage/Gravy)	210 kcals	7g	25g	330mg	10g	Milk, Wheat, Soy
Apple or Cherry Frudel	210 kcals	6g	36g	250mg	4g	Wheat, Milk
Sausage, Egg & Cheese Bagel	420 kcals	25.5g	30.5g	725mg	17.5g	Egg, Milk, Wheat, Soy
Hard Boiled Egg	70 kcals	5g	1g	55mg	6g	Egg
Beverages:						
1% Milk	100 kcals	2.5g	12g	130mg	8g	Milk
Chocolate Milk	140 kcals	2.5g	20g	190mg	9g	Milk
100% Apple Juice	60 kcals	0g	14g	5mg	0g	
100% Orange Juice	50 kcals	0g	13g	0mg	1g	
G2 Gatorade	50 kcals	0g	13g	270mg	0g	

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